

## Blue Sky Outdoor Fitness

Join us for Boot Camp in the Park! Every class is different, fun, and motivating in a supportive, non-competitive environment. Designed to accommodate all levels of fitness, you will be challenged no matter what your level is. We work on cardiovascular endurance, flexibility, and strength training. Bands, weights, medicine balls and other equipment are used for individual and group exercises and partner drills. Price includes before and after assessments. Bring an exercise mat and water. Join any time with on-going registration! **FIRST CLASS FREE!** Register through Redmond Parks and Recreation or directly through instructor with cash or check. For additional information please call instructor Lisa Schrader at 206-406-0809.

Instr: Lisa Schrader

Loc: Perrigo Park Trail

Age: 17+ yrs..... Fee: \$150R/\$180N

37870	Fri, Mon, Wed	Sep 2-28	9:30-10:30am
37871	Mon, Wed, Fri	Oct 3-28	9:30-10:30am
37872	Wed, Fri, Mon	Nov 2-28	9:30-10:30am
37873	Fri, Mon, Wed	Dec 2-30	9:30-10:30am

## Hydrostatic Weighing Truck

### AKA "The Fat Truck"

Hydrostatic analysis is an underwater method of accurately determining a person's body fat to lean tissue. Takes about 10 minutes. Bring swimsuit and towel. The cost for this test is only \$49, retests are only \$35. It will provide you a detailed report. Including;

- A reference table showing where you are and where you could be for setting achievable goals
- Your resting metabolic rate and total caloric burn during specific exercise
- Accurate assessment of your body fat percent and lean mass
- Detailed tracking of previous tests
- DEXA bone density tests also (only \$88 for both tests)
- Pay on site. No pre-registration.

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Parking Lot

Age: 18+ yrs..... Fee: \$49

Sat Sep 17 7am-1pm

# jazzercise®

## Jazzercise of Redmond and Sammamish

Register before any class. Check out our website at [www.redmondjazz.com](http://www.redmondjazz.com) for additional class info and pricing or call 425-898-1561.

Push your body- find your beat! Each 60-minute Jazzercise class offers a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing movements into easy to follow dance routines. Benefits include increased cardiovascular endurance, strength and flexibility, as well as an overall feel good factor.

Loc: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon-Fri	9:30-10:30am*	Ongoing
Mon, Tue, Thu	5:30-7:30pm	Ongoing
Mon, Wed, Fri	6-7am	Ongoing
Mon, Wed, Fri	8-9am*	Ongoing
Saturday	8:30-9:30am	Ongoing

\*Childcare available -\$2 per child in the 8am & 9:30am

Loc: Pine Lake Community Center, Sammamish Schedule

Mon & Fri	9:30-10:30am	Ongoing
Wed	8-9am	Ongoing

## Jazzercise Personal Touch

A unique approach to personal training in a small group setting with your instructor, Personal Touch is designed to increase your muscle tone and fitness level by focusing on varying muscle groups and techniques designed to help you achieve maximum results. First class is free. \$120 plus tax for 8 class session or \$20 plus tax walk in per class.

Location: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon, Tue, Wed, Thu	8:35-9:15AM*
Sat	7:35-8:15 AM

\*Childcare available -\$2 per child in the 8am & 9:30am

## RSC-Laugh-It's Good Exercise

Have fun and benefit your whole body - physically, mentally, emotionally. This program (sometimes called Laughter Yoga) is a combination of fun, playful laughter exercises and deep breathing exercises and is a great way to reduce stress. Boost your immune system. Increase oxygen to body and brain. Promote relaxation. Laughter is a fun, healthy cardio exercise. Drop in fee \$3.

Instr: Marilyn Fogelquist

Loc: Senior Center Room 103

Age: 18+ yrs..... Fee: \$10R/\$12N

37840	Mon	Sep 12-Oct 3	1:30-2:30pm
37841	Mon	Oct 10-Oct 31	1:30-2:30pm
37842	Mon	Nov 7-28	1:30-2:30pm
37843	Mon	Dec 5-19	1:30-2:30pm



## RSC-NIA Technique

In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness program that teaches a holistic approach to health. By blending movement, free expression, some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! NIA movements are designed to work in a range of motion making your joints feel free and relaxed. This class is very popular and fun! Drop in fee \$8.

Instr: Veronica Connolly-Bagshaw

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$42S/\$42R/\$50N

34897	Tue, Thu	Sep 6-29	6-7pm
34898	Tue, Thu	Oct 4-27	6-7pm
34899	Tue, Thu	Nov 1-29	6-7pm

Age: 18+ yrs..... Fee: \$27S/\$27R/\$32N

34900	Thu, Tue	Dec 1-15	6-7pm
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